

DIRECTIONS

Route 66 is 2,448 miles from start to finish (Chicago to Los Angeles). Your goal is to exercise through all 8 states on the course in the next 56 days by converting exercise minutes to miles on the route. Write the date and activity on the Route 66 Road sign indicating you've done that activity for 20 minutes (novice) or 30 minutes (advanced) that day. You can perform the same activity each day, or select several to keep it interesting — there are 66 to choose from!

EXAMPLE




Start date:

End date:

Return your completed log form to:

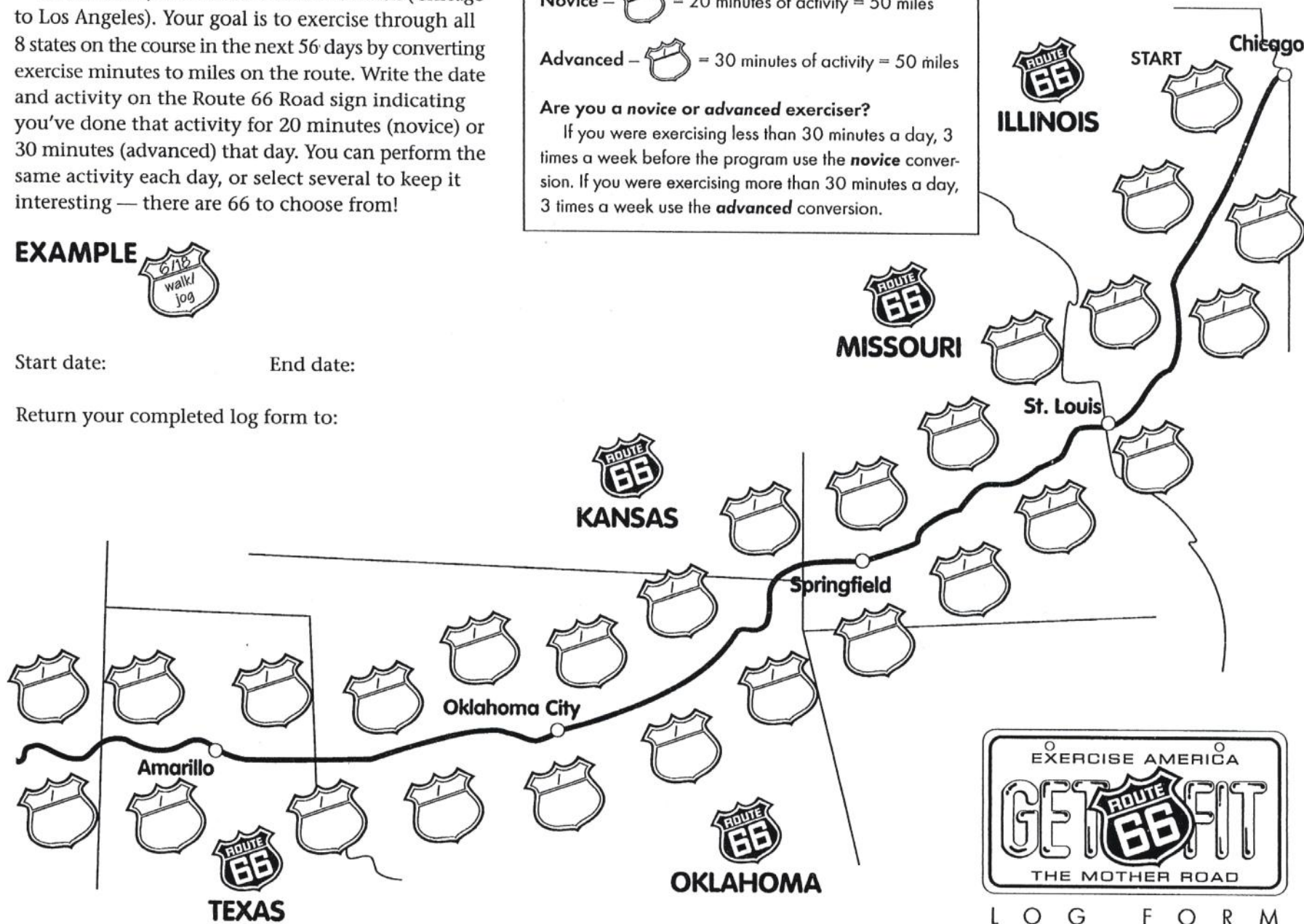
KEY

Novice —  = 20 minutes of activity = 50 miles

Advanced —  = 30 minutes of activity = 50 miles

Are you a novice or advanced exerciser?

If you were exercising less than 30 minutes a day, 3 times a week before the program use the **novice** conversion. If you were exercising more than 30 minutes a day, 3 times a week use the **advanced** conversion.



ACTIVITIES LIST

Aerobic Dance • Archery • Back Packing • Badminton • Baseball • Basketball • Bicycling • Bowling • Canoeing • Cricket
 Cross Training • Equitation • Fencing • Field Hockey • Fly Fishing • Football • Frisbee (Ultimate) • Golf • Gymnastics
 Handball • Hiking • Horseshoe Pitching • Ice Hockey • In-line Skating • Jogging • Judo • Karate • Kayaking
 Lawn Bowling • Orienteering • Paddleball • Racquetball • Repelling Rock Climbing • Roller Skating • Rope Skipping
 Rowing • Rugby • Running • Scuba Diving • Skeet/Trap Shoot • Skiing (Alpine) • Skiing (Nordic) • Skin Diving
 Snowshoeing • Soccer • Softball • Squash • Stair Stepping • Stationary Cycling • Step-Aerobics • Swimming
 Table Tennis • Tae Kwon Do • Tennis(singles) • Tennis (doubles) • Volleyball • Walking • Walleyball • Water Aerobics
 Water Skiing • Weight Training • Wind Surfing • Wrestling • X-Country Ski • Yoga

